Swinging Jeans

拍数: 32	墙数: 4	级数: Intermediate west coast swing

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音乐: Built For Blue Jeans - Tyler Dean

WALK, WALK, SIDE AND CROSS, ¼ TURN, ½ TURN, MAMBO STEP

1-2   Walk forward right, left

3&4   Step right foot out to right side and return to left (like a side rock), cross right over left

5   Step back on left as you turn ¼ turn to your right

6   Step forward on right as your turn ½ turn to your right

7&8   Rock step forward on left, recover back on right, step back on left (facing 9:00)

½ TURN, ½ TURN, BALL-CROSS, POINT, HEEL-TOE SWIVELS WITH KNEE TWISTS, ¼ TURN KICK

1   Make ½ turn to your right stepping forward on right

2   Make ½ turn to your right stepping back on left

Easier option for counts 1-2: walk back right, left

&3-4   Step back on ball of right, cross left over right, point right to the right side

5-6   Swivel left heel to right & twist right knee in, swivel left toe to right & twist right knee out

7-8   Swivel left heel to right & twist right knee in, make ¼ turn right with weight on left as you turn right knee out and kick right foot forward (facing 12:00)

Easier option for counts 5-7: turn right knee in-out-in

COASTER STEP, ROCK STEP, LOCK SHUFFLES BACK

1&2   Step back on right, step left next to right, step forward on right

3-4   Rock forward on left, recover on right

5&6   Step back on left, cross right over left, step back on left

7&8   Step back on right, cross left over right, step back on right

Styling: add some hip action as you lock step back (facing 12:00)

ROCK STEP, STEP-LOCK-STEP, KICK-BALL-CROSS, POINT, ¼ TURN FLICK

1-2   Rock back on left, recover forward on right

3&4   Step forward on left, slide right behind left, step forward on left

5&6   Kick right foot forward, step slightly back on ball of right, cross left over right

7-8   Point right toe to right side, make ¼ turn left on ball of left and flick right foot behind you (facing 9:00)

REPEAT